

Interactive Trail Signs Project

WVU Extension Service Family Nutrition Service



Main Goal

Signs containing QR codes that lead to educational information about movement and nutrition put up around local trails in West Virginia.

Research Findings



1000

Community members impacted through easier access to education



codes to help share more information and education



Local

trail improvements and signage

Being able to promote physical activity and education to areas where both are hard to receive is something that is very important. It brings more opportunity and lasting change to rural communities and can bring them together.



Environmental Changes

Created physical and observable change to the built and social environment in West Virginia local parks



ActiveWV 2030 Physical Activity Plan Sector:



Community Recreation, Fitness and Parks

Building Capacity

Stronger Communities



These signs are free for everyone and encourage everyone to get moving and are located in rural areas.

Signs are interactive and easy to follow, allowing children to be able to learn and participate easily.

The Bottom Line

They have promoted physical activity, education, and enhanced trail systems in rural West Virginia. This is helping make change in rural areas who have limited access to both physical activity and health education.

